**My Summary File**

This is where you can write down your insights and respond to one final question.

Please send this file to me before we meet: [info@martina-famos.ch](mailto:info@martina-famos.ch)

Thank you very much!

**Assessment „Irrational Beliefs“**

Belief 1 (the strongest):

Belief 2:

Belief 3:

**Assessment „My part in conflicts“**

My do’s 1:

My do’s 2:

My do’s 3:

**I'd appreciate it if you could let me know your birth order, your siblings’ genders, and the years you were all born.**

1st born:

2nd born:

3rd born:

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